

Healthy Snacks



Healthy snacks help students focus and learn better. Providing these snacks teaches kids skills they use for life. Wellness policies support this by:

- **Encouraging Variety:** Different fruits and veggies each week give students essential nutrients.
- **Promoting Smart Choices:** Following smart snack guidelines ensures snacks are healthy and nutritious.
- **Encouraging Healthy Choices:** Support healthier celebrations and snacks by choosing nutritious options and advocating for non-food rewards at school.

These healthy habits start at home, and schools help teach and reinforce them for lifelong benefits.

Join the movement!

Support healthy snacks at school and home. Let's work together for a healthier, brighter future for our kids!

Check out

's guide
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